

Past RCHD Intern Projects

Maternity Health Analysis: One of our Centering Pregnancy programs was experiencing higher than normal drop-out rates for breastfeeding mothers. In order to understand causes of breastfeeding cessation, one MPH student designed and conducted an evaluation of a centering pregnancy cohort. The student created an evaluation tool, surveyed all breastfeeding clients through phone and in-person interviews, and analyzed/compared results with national trends. She presented the findings to our clinic staff which improved outcomes for our Centering groups.

Men's Health Week Campaign: In coordination with Virginia Union University (VUU) and our STI Team, one student researched best-practices for health promotion activities designed for collegiate males and created a menu of promotional activities and health messaging resources. The student worked with the VUU clinic staff and RCHD staff to create these materials which will be used by VUU this spring.

Get Fresh Initiative: Several low-income Richmond neighborhoods are designated 'food deserts' characterized by lack of access to fresh produce and healthy food options. Many of these neighborhoods have no grocery stores; instead, many residents get most of their food from corner stores that sell processed foods. One student assisted with the implementation of partnerships between corner stores in food deserts and local urban farms to sell fresh produce in the stores. The student developed recruitment protocols for store owners and provided outreach and education to residents.

Richmond Public Schools Asset Inventory: RCHD is committed to working alongside Richmond Public Schools to provide health, wellness and physical activity programs that impact Richmond students positively. In order to assess the state of these programs, one student analyzed data from every RPS health and wellness program to determine needs and recommend courses of action to meet those needs.

Potential Future Intern Projects

School Health and Wellness Policy: RCHD is currently partnering with Richmond Public Schools as they revise their School Health and Wellness policy to meet new USDA mandates. RCHD will help the newly-formed RPS Wellness Committee to revise the policy as well as to produce an implementation plan suitable for all RPS schools. An intern could potentially engage with school leaders and community members to inform them of the importance of these policy reforms and help identify successfully-implemented models in other districts that could inform RPS's implementation of the new policy, among other tasks.

Community Health Clinic Analysis: We would like a student to analyze how our Resource Centers are collecting patient data and how each Center is affecting population health within their respective communities. The student would create a data collection system that each resource center could use, starting with the Fairfield Center.

WIC and Chronic Disease Literature Review: A student could conduct a lit review on innovative methods and examples of WIC interventions and how WIC could integrate with RCHD's current Chronic Disease prevention initiatives.

Flu Vaccination Proposal: A student could examine RCHD's current community flu vaccinations strategy and resources, compare with national trends and best practices around vaccination rates of minority populations, and create a proposal for how RCHD staff could increase flu vaccination rates in our minority populations.